



# Exercises to Combat Tech Neck

## **OVERVIEW:**

*Tech neck is a painful condition that is usually caused by spending too much time on a mobile device or computer.*

***Incorporate the following stretches into your daily routine to prevent or reduce the symptoms.***

## **WHAT'S INCLUDED:**

- **Exercise guide**  
*A list of helpful stretches to alleviate tech neck pain*

# Exercises to Combat Tech Neck

## 1/ Backward shoulder extension

Stand up straight with your arms at your sides, keeping your back and core engaged. Interlock your fingers behind your back. Gently raise your arms up and back until you feel a stretch in your shoulders. Hold for five seconds before slowly lowering your arms back to your sides. Repeat three to five times.

## 2/ Chin tuck

Maintain an upright sitting or standing position with your spine straight. Ensure your head remains level, and avoid tilting it backward. Gently tuck your chin toward your chest, sustaining the stretch for five seconds. Repeat three to five times.

## 3/ Cobra pose

Lay down on the floor on your front. Place your hands flat on the ground with your fingers pointing forward and your elbows close to your sides. Elevate your head and upper chest off the ground, drawing back your shoulder blades away from your ears. Hold the position for fifteen to thirty seconds.

## 4/ Hand-to-ear stretch

Position your right hand flat against the right side of your head. Lean your head gently toward your right shoulder while exerting pressure against your hand. Maintain this position for five seconds, release gradually, and replicate the motion on the opposite side.

## 5/ Hands-to-forehead stretch

Position the heels of your hands above your eyebrows, resting them against your forehead. Apply gentle pressure with your hands while simultaneously pushing your head against them. (Avoid tilting your head forward.) Maintain this position for six seconds, then relax for ten seconds. Repeat three to five times.

## 6/ Neck rotation

Maintain an upright head position, gazing straight ahead. Gradually rotate your head to the right as though attempting to bring your ear closer to your shoulder. Hold this position for a few seconds while taking slow, deep breaths. Repeat on the opposite side, doing three to five repetitions.

## 7/ Neck and upper back stretch

Interlock your fingers or put one hand over the other, and place them at the back of your head. Keeping your head straight, firmly press your head straight back against your hands while your hands press against your head. Hold for about six seconds, rest for ten seconds, and repeat three to five times.

## 8/ Seated spinal rotation

While sitting, cross your arms and grasp your shoulders. Rotate your upper body from your waist, gently turning from left to right to your maximum range of motion. You should sense tension in both sides of your lower back as it elongates. Maintain this position for three to five seconds, repeating three to five times.

## 9/ Shoulder roll

Lift your shoulders up, roll them backward as you lean your head back, and gradually lower them again. As you do this, you should feel the release of tension in your shoulders. Repeat five to six times.

## 10/ Upper shoulder and neck stretch

Sit in a comfortable chair with your feet flat on the floor, and place your right hand on your right buttock. Gently tilt your head to the left. Hold this stretch for ten seconds, slowly returning your head to the center position. Repeat three times on each side.

*\*As with any exercise, don't push yourself too far, and immediately stop if you feel any pain.*